

# American Indian Council on Alcoholism

A journey toward wellness, one choice at a time.

————— *Serving the Milwaukee area since 1973* —————

## How We Support Your Journey

A variety of culturally-reflective activities are offered to support your sobriety journey.

- Assessment
- Consultation
- Sober Recreation
- Counseling
- Cultural Speakers
- Support Sessions
- Health Education
- Cultural Activities/Crafts
- Wellness Activities
- Recovery Coaching
- Youth Prevention Programs
- Grief Support
- Student and Family Academic Support Sessions

## Support At Your Fingertips

Access community-focused content and resources by visiting our website.

Our website features:

- Motivational videos
- Calming meditations
- E-learning courses
- Online Yoga Practices

Stay connected, motivated, and entertained on your wellness journey with our free app!

Our app features:

- Community board
- Push notifications
- Meditation sounds
- Calendar
- Events
- Oneida hymns
- Culturally reflective resources
- Screening tools
- Additional support opportunities

WEBSITE:



APP:

